

AL QUOZ GROUP CLASSES

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY						
06:00 + 07:00	CROSSFIT		CROSSFIT		CROSSFIT								
06:00	TRX	6:30 CROSSFIT	TRX	6:30 CROSSFIT	TRX	09:00							
07:00	CIRCUITS	9:00 CIRCUITS	CIRCUITS	9:00 CIRCUITS	CIRCUITS	09:00	CIRCUITS						
18:00	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	10:00							
18:00	TRX	18:30 TRX	TRX	18:30 TRX		10:00	CROSSFIT						
19:00	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	10:30	AERIAL HOOPS						
						11:30	MIX POLE						
19:00	CIRCUITS		CIRCUITS		CIRCUITS	12:30	FLEXIBILITY						
						13:30	PRACTICE TIME						
19:00	BOXFIT		BOXFIT			18:00							
18:00	CROSSFIT FOUNDATION		CROSSFIT FOUNDATION		CROSSFIT FOUNDATION	MEMBERSHIP CLASS GUIDE <table border="1"> <tr> <td>BASIC</td> <td>CROSSFIT</td> <td>POLERCISE</td> </tr> <tr> <td>YOUTH</td> <td>COMBAT</td> <td>BEACH</td> </tr> </table>		BASIC	CROSSFIT	POLERCISE	YOUTH	COMBAT	BEACH
BASIC	CROSSFIT	POLERCISE											
YOUTH	COMBAT	BEACH											
19:00	LADIES CROSSFIT	LADIES CROSSFIT	LADIES CROSSFIT	LADIES CROSSFIT	LADIES CROSSFIT								
20:00													
19:00	BEGINNER POLE	BEGINNER AERIAL HOOPS	BEGINNER POLE										
20:00	INT POLE		INT POLE										
20:00		INTERMEDIATE AERIALHOOPS											

BEACH GROUP CLASSES

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
06:00	CROSSFIT (Outdoor)		CROSSFIT (Outdoor)		CROSSFIT (Outdoor)		
06:30	CIRCUIT (Indoor)	CIRCUIT (Indoor)	CIRCUIT (Indoor)	CIRCUIT (Indoor)	CIRCUIT (Indoor)		
09:00						CIRCUIT (Indoor)	
10:00						CIRCUIT (Indoor)	
18:00		WEIGHTLIFTING (Indoor)		WEIGHTLIFTING (Indoor)			
18:15	CIRCUIT (Indoor)		CIRCUIT (Indoor)				
19:00		CYCLE (Indoor) CIRCUIT (Outdoor)		CYCLE (Indoor) CIRCUIT (Outdoor)			
19:15	CIRCUIT (Indoor)		CIRCUIT (Indoor)		CIRCUIT (Indoor)		
20:00	CROSSFIT (Outdoor)	CROSSFIT (Outdoor)	CROSSFIT (Outdoor)	CROSSFIT (Outdoor)	CROSSFIT (Outdoor)		

MEMBERSHIP CLASS GUIDE

BASIC	CROSSFIT
-------	----------

*Classes Subject to Change

** Please call to book